November 21-23, 2025

PRESENTED BY:



MARKHAM PAN AM CENTER

16 Main Street Unionville, Ontario

DATE: November 21-23, 2025

HOST: Mallards Swim Team

LOCATION: MARKHAM Pan Am Center

16 Main Street Unionville, Ontario

FACILITY: Two 25 m 10 Lane Competition pools with Electronic Timing System.

COMPETITION DESCRIPTION:

Swimmers will swim in age combined events, 12 & Under and 13 & Over groups.

12 & Under:

All events are timed finals

13 & Over:

- All events are timed finals except for 50m & 100m Freestyle, 100m Back, 100m Butterfly, 100m & 200m Breaststroke events, Prelims/Finals.
- Preliminary events will run 10 lane heats with the fastest three heats circle seeded.
- Finals will run top 10 swimmers, A Finals only.
- 1500 m Freestyle: One heat only, to run during Finals on Saturday, November 22, 2025 (Session 5).

SAFETY AT COMPETITION:

Swimming Canada and Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment and discrimination.

Only Swimming Canada registered active participants (swimmers, officials, certified coaches and support staff for the meet), facility personnel and authorized Swim Ontario personnel are allowed on deck during the competition.

All participants in this event are reminded that they are bound by Swimming Canada and Swim Ontario Policies and Procedures, including but not limited, to Swimming Canada's General Code of Conduct, their Equity, Diversity and Inclusion Policy, their Harassment Policy and the Swim Ontario Code of Conduct procedure For more information regarding the Swim Ontario Policies and Procedures or Safe Sport please visit the Swim Ontario website https://www.swimontario.com/sport-safety or www.swimming.ca/safesport

Every club and its participants are responsible for ensuring all facility rules and requirements are followed.

The <u>Swim Ontario Concussion Management</u> & <u>Swim Ontario Photography</u>, <u>Videography</u>, <u>and Cellphone Procedure</u> will be in effect. For complete details click <u>HERE</u>.

Videography & Photography Permissions

Provided the facility permits, registered club coaches on the compliance list, approved sport science contractors, and support staff may record for coaching purposes without additional authorization.

All other individuals — including club photographers, contracted photographers/videographers, and media — must apply for and receive authorization to access the competition deck before recording in any medium. All recordings must comply with Swim Ontario policies, including the Photography, Videography, and Cellphone Procedure and the Screening Requirements Procedures. Contact Meet Management for the application process. All Official Photographers and Videographers, as approved by Swim Ontario, will be declared within this Meet Package.

COMPETITION RULES:

All current <u>Swimming Canada rules</u> will be followed. All registered para swimmers are subject to the rules defined by their current sport class and codes of exception. The stroke and turn rules apply as per Appendix B of the Swimming Canada rulebook. The Sport Class and Exception Codes should be displayed on heat sheets and must be made available to the Session Referee.

All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim Ontario provided the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.

Combined (mixed) gender swimming is permitted for age group swimming competitions. Canadian Age Group records can not be set when heats involve individual mixed genders.

The Starter shall report a swimmer to the Referee for misconduct taking place at the start of a race as per Swimming Canada Part II 2.3.2. The "misconduct" shall include, but is not limited to (C.2.3.2.1):

- Deliberate or negligent acts such as spitting, spouting of water, or blowing the nose in the pool or on the pool deck immediately prior to the start may be considered misconduct.
- Deliberate kicking or striking of the starting platform, including the back plate prior to the start.
- Unsafe or uncontrolled entry into the pool immediately prior to the start of a race. All swimmers must enter the pool with a controlled, feet-first entry.

The Referee may disqualify a swimmer for such misconduct.

Please note that <u>Swimming Canada Competition Warm-Up Safety Procedures</u> and Swim Ontario warm-up safety rules will be in effect. Details HERE

It is incumbent on coaches, swimmers, and officials to work together to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

Warm up etiquette:

- No loitering at the end of lane
- Swimmers must be aware of their surroundings and move over to the lane rope when stopped at the end wall to allow other swimmers to turn
- Swimmers using sprint and pace lanes must be directly supervised by their coaches

Swimmers must enter the pool FEET FIRST in a <u>cautious manner</u>, entering from a start or turn end only and from a standing or sitting position.

Swimmers witnessed by a Safety Marshal or Meet Management diving or entering the water in a dangerous fashion may be removed, by the Referee, without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final.

DIVE STARTS:

As per Swimming Canada Part II C4.1.2 and C4.1.3 swimmers are permitted to start in-water or from a standing position on the deck or bulkhead when Starting Platforms (blocks) are available. As per the Facility Rules for Dive Starts, this competition Starts will be conducted as follows:

- 1. from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from both ends and/or
- 2. from the Deck or Bulkhead as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 from both ends and/or
- 3. In-water starts will be conducted as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 from both ends

BACKSTROKE LEDGES:

Ledges will be used and available for all ages and sessions

MEET PACKAGE:

The only meet package which will be considered as valid must be the most current version found on www.swimming.ca and the Swimming Canada Registration and Event Management System (REMS).

COMPETITION COORDINATORS:

Vivien Hughsam (Level 5), Ximena Pagiamtzis (Level 5) and Stephen Chan (Level 4)

MEET MANAGERS: Jill Madorsky, Rodney Mui: meetmanager@mallardsswimming.com

ENTRIES COORDINATOR:

Vivien Hughsam: hughsam.v.mst@gmail.com

OFFICIALS COORDINATOR:

Jennifer Hu: officialschair@mallardsswimming.com

 It would be greatly appreciated if each club could provide officials to help out at the meet. Please indicate sessions and positions preferred. We will do our best to accommodate.

ELIGIBILITY:

All athletes must be registered as <u>Competitive</u> or <u>Varsity</u> swimmers with Swimming Canada and possess a valid Swimming Canada registration number. Athletes may only compete under the age group club or varsity team they are registered with. Registered Para Swimmers are welcome and their current Sport Class must be included in the entries. Entries submitted without a valid registration number and active status in the Swimming Canada Registration and Event Management System (REMS) at the time of the competition will be denied entry. It is the responsibility of the swimmer's club to provide proof of active registration status in REMS. This event is sanctioned as an <u>Age Group Swimming Invitational</u> including foreign competitors/teams subject to the provisions below.

Foreign Teams & their competitors are welcome, subject to the following provisions.

- Proof of TEAM Liability Insurance for a minimum of \$2,000,000 is required naming Swim Ontario on the Insurance certificate.
- All foreign competitors must be registered with an amateur swimming organization recognized by World Aquatics.
- All foreign competitors and coaches must be duly registered and residents of the governing body for which they are competing.
- All competitors and coaches must be in good standing with their respective governing swim body.
- All foreign competitors and coaches must have primary residence within the province /state or country for which they claim registration. Proof of residency may be green card, student ID, driver's license, college residence or

other document as deemed acceptable by Swim Ontario and shall be submitted with the <u>Proof of Residence and Registration Status form</u> to Swim Ontario no later than 7 days prior to start of competition along with the insurance certificate.

Foreign Team entries are not to be accepted by the host club until Swim Ontario approval.

AGE UP DATE:

A competitor's age is their age as of the start date of the meet, November 21, 2025.

COACH'S & SUPPORT STAFF REGISTRATION:

Meet management will cross-reference the **list of coaches submitted with entries** at this competition with the <u>Swim Ontario Compliance lists</u>. If a coach is not on this list, meet management is obligated to enforce the Swimming Canada policy and not permit that coach to attend the meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance

Swimmers must have a coach or designated coach (coach representative) in attendance during the meet including warm-up sessions.

Clubs needing Support Staff for Para or d/Deaf/Hard of Hearing swimmers must register them in the Swimming Canada Registration and Event Management System (REMS) to access the deck at competitions. Support Staff must have active REMS registration and be included in the club's event entry. Those not listed in the entry submission will be denied deck access.

d/DEAF & HARD of HEARING ACCOMODATION:

This competition can provide the following accommodations for swimmers who are d/Deaf and Hard of hearing:

- non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as support staff.
- Visual Start hand signals given by the starter/referee.
- Visual Start Strobe Light options
- 1. **Facility-Provided Strobe Light:** An external strobe light is available at this facility
- 2. **Personal Strobe Light:** a personal strobe light from the swimmer's own club may be used with advance notice to Meet Management to determine compatibility with the starter unit.

Clubs are to contact Meet Management by the <u>Entry Deadline</u> of the need for accommodations. Support Staff must be included in the submission of entries process.

Support Staff must have active REMS registration and be included in the club's event entry. Those not listed in the entry submission will be denied deck access.

ENTRY FEES:

Individual events to 200 m	\$15.00
Events 400 m and Up	\$20.00
Relays	\$25.00
Swimmer Fee	\$12.00 per swimmer inclusive of 'Relay Only' swimmers Include downloadable heat sheets for all days/sessions

All fees include Swim Ontario Gold Bonus and HST.

Payment will be by cheque or by e-transfer due on the first day of the event. Please make cheque payable to "Mallards Swim Team" or by e-transfer to

"serge swim@rogers.com"

ENTRY DEADLINE

Entries must be received by **Monday, October 27, 2025**Deadline for changes is **Monday, November 10, 2024, 12:00 noon**

ENTRIES SUBMISSIONS

Entries must be submitted through the Swimming Canada Registration and Events System (REMS) and must include all attending coaches and support staff. There is no qualifying standard or period.

Meet management will:

- not accept entries via email;
- notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries;
- notify clubs of any meet format changes or designated warm-up times at least
 10 days prior to the start of the competition

Failure to inform meet management of a no-show / scratch prior to the deadline for changes to entries will result in loss of entry fees. Meet Management reserves the right to further limit individual swims per session and to limit heats if necessary to keep session times to within 4.5 hours.

ENTRY RESTRICTIONS

Meet Management requests all swimmers be entered with real (provable) or estimated entry time to allow for proper seeding...

- No Time (NT) entries will not be accepted.
- Session 1 and 2, maximum of 1 long distance (400 M or 800 M) event and a total of 3 individual events per swimmer per session.
- Session 3, 4, 6, & 7, maximum of 3 Individual & 1 Relay Event per swimmer per session
- The 800 meter event may be limited to the fastest 3-4 heats, based on meet timelines.
- Maximum of 3 relays per team, per event.
- Meet Management reserves the right to further limit individual swims per session and to limit heats if necessary to keep session times to within 4.5 hrs.

SEEDING/ CONVERSIONS

Heats will be seeded slowest to fastest except in 400 IM, 400, 800 m Free, fastest to slowest. Converted entry times accepted. All times will be converted to SCM using Hy-Tek default setting before submitting entries.

OFFICIAL TIME SPLITS:

Meet management requires that any coach wishing to rely on a time achieved by the swimmer for an interval shorter than the total distance of the event shall advise the <u>Admin Desk</u> at least 30 minutes prior to the commencement of the session in which the event will take place. Requests for official splits in gendered and mixed relays are not required, however in mixed relays the official time will not be recognized as a Canadian Age Group record.

DISQUALIFICATION & PROTESTS PROCEDURE:

- Disqualification will be reported within fifteen (15) minutes after the swimmer's race. The disqualification shall stand providing all reasonable efforts have been made to report the disqualification including public address systems.
- A club representative should discuss the disqualification with the Session Referee and can request to view the disqualification slip.
- If not resolved after this discussion, a written protest may be presented to the Session Referee from the club representative.
 - A written protest must be presented within 30 minutes after the conclusion of the <u>event</u> in question.
 - Protest forms are available at the Admin Desk.
- If not resolved after the decision of the written protest from the Session Referee the matter may be assigned to a Jury of Appeal.
- The decision to go to Jury must be taken within an hour from the moment the decision of the written protest is communicated to the club representative.

RECORDS:

Swim times achieved at this competition will be eligible for Provincial and National Records. Coaches are advised to inform Meet Management prior to the start of the session where mixed gender individual events are taking place that there is a possibility of a Canadian Age Group record being broken. The referee can ensure that the swimmer competes with competitors of the same gender for his/her heat. Swim Ontario has a certified pool length survey for the aforementioned swimming pool.

DECK ENTRIES:

Deck entries are permitted provided proof of active registered status with valid Swimming Canada ID is provided to Meet Management.

- Deck Entries are Exhibition Only. They are not eligible for scoring or awards.
 Deck entries will be accepted for empty lanes only (no new heats will be created).
- Swimmers entered on deck must have valid proof of Swimming Canada registration as an active, registered, competitive swimmer.
- Swimmer substitution will <u>not</u> be allowed.
- Cost is \$25.00 per individual event and \$30 per relay event, payable in cash (exact amount) and submitted to the Admin Desk with the Deck Entry Form

RELAYS:

Relay cards are to be submitted to the Admin Desk <u>30 minutes before the start of the session</u>. Once submitted, no name changes will be permitted. Please submit relay entry times for seeding purposes. Teams may move up no more than two (2) swimmers from a younger age category to fill a relay.

MIXED RELAY:

Mixed relays, for 10 & under only can be any combination of females and males. Relays will be exhibition only and no ranking, scoring or awards will be given. The first leg of these relays will not be recognized as official times. The relays will not be part of the official results to be uploaded to REMS.

SESSION TIMES:

In order to stay within the maximum session length of 4.5 hrs, meet management reserves the right to:

- 1. Amend warm-up and start times according to the number of entries received.
- 2. Limit the number of swimmers in an event and or run events in multiple sessions.
- 3. Limit the number of heats in any particular event(s).
- 4. Cancel relays should session(s) run late.

An updated schedule will be posted on the Mallards website as soon as it is available.

SCHEDULE OF SESSIONS:

Sessions will not exceed 4.5 hrs in length (excluding warm up periods)

SESSION:		AGE GROUP:	COMPETITION:	WARM UP:	START:	EST. LENGTH:
	1	13 & Over	Time Finals/ Prelims	12:00 pm - 1:00 pm	1:05 PM	3 hrs
Friday	2	12 & Under	Time Finals	4:15 pm -5:15 pm	5:20 PM	3 hrs
	3	13 & Over	Time Finals/ Prelims	7:45 am - 8:45 am	8:50 am	3.50 hrs
Saturday	4	12 & Under	Time Finals	12:30 pm - 1:30 pm	1:35 pm	3.50 hrs
	5	13 & Over	Finals & 1500 Free	5:30 pm - 6:30 pm	6:35 pm	1.5 hrs
Sunday	6	12 & Under	Time Finals	7:45 am - 8:45 am	8:50 am	3.50 hrs
	7	13 & Over	Time Finals	12:30 pm - 1:30 pm	1:35 pm	3.50 hrs

SCRATCH RULES:

PRELIMINARY and TIME FINAL Events: Scratches are to be made to the Admin Desk at least 30 minutes before the start of each session. No penalty for late scratches of these events.

FINAL Events: Scratches to all final events must be made on official scratch cards submitted to the Admin Desk. Scratch deadline is 30 minutes after the posting of results of the last preliminary events, #27 (for Girls) and #28 (for Boys) on Saturday, Nov. 22, 2025. Failure to scratch before the scratch deadline or to participate in a final event will result in a \$50 fine for each offense. Failure to pay the penalty will exclude the swimmer from further participation in the meet. There will be no reseeding for scratches received after the final deadline.

NO REFUND(S) will be issued for swimmers who do not swim any heat for which they are seeded.

CHECK-IN:

POSITIVE CHECK–IN is required for **400 IM**, **400**, **800** and **1500m Free**, at least **30** minutes before the start of the session, at the Admin Desk. Failure to do so may result in the swimmer being eliminated from the race.

FINAL EVENTS... Finalists and alternates are to report to the Marshaling 'ready area' **no later than 10 mins**. before their race. Finalists not present at 'final call' for an event will be replaced by an alternate and no show penalty will apply. Failure to pay will exclude the swimmer from further participation in the meet.

SWIM OFFS:

This competition offers preliminary events.

All swim-offs are to run during or at the end of the session in which the tie occurred at a time mutually agreed upon by coaches and officials. Coaches are to report to the Admin Desk when a swim-off is announced.

PSYCH SHEETS:

Psych sheets will be posted online at www.mallardsswimming.com through a link on the homepage of Mallards Swim Team.

MEET RESULTS:

Results will be reported based on the following categories:

Girls: 10 & under, 11-12, 13-14, 15 & over. Boys: 10 & under, 11-12, 13-14, 15 & over.

Unofficial meet results will be available on Live Results. Official meet results will be uploaded to www.swimming.ca within 5 days of completion of the meet.

OTHER

No food will be allowed on deck.

INFORMATION:

No glass objects will be allowed on deck.

Lockers are available, please bring your own lock.

Onsite parking may be limited.

AWARDS:

Individual Events:

Medals: 1st - 3rd place for all age groups

• Ribbons: 4th - 10th place for 12&U age group only

Relay Events:

Medals: 1st - 3rd place for all age groups

Awards will be broken down as follows:

Girls: 10 & Under, 11-12 yrs 13-14, 15 & Over.
Boys: 10 & Under, 11-12yrs, 13-14, 15 & Over.

REFRESHMENTS:

Refreshments will be provided for Coaches and Officials working the meet. Amenities around Markham Pan Am Center

- <u>Langham Square</u> (Restaurants and Supermarket)
- Whole Foods (Supermarket & Cooked Foods)
- New Kennedy Square (Restaurants, Food court and Supermarket)
- Markville Mall (Food court, Tim Hortons, McDonalds, Joey...)
- <u>Tim Hortons</u> (Kennedy Rd/14th Ave.)

EVENT HOST HOTEL:

Hilton Toronto/Markham Suites Conference Centre and Spa:

8500 Warden Avenue, Markham, Ontario, L6G 1A5, Canada

For Group Rates, Contact Sales Manager OR Click on the Booking Link below:

Kristine Lagos

Email: kristine.lagos@markhamsuites.com

Phone: (905) 470-8577

FOR BOOKING LINK: CLICK HERE MALLARDS - ALEX BAUMAN INVITATIONA

BOOKING DEADLINE: October 25, 2025

PARKING MAP:



SCHEDULE OF EVENTS:

SESSION #1 - FRIDAY AFTERNOON Warm Up: 12:00 pm Start: 1:05 pm						
<u>GIRLS</u>	GIRLS AGE GROUP EVENT COMPETITION BOYS					
1**	13 & Over	400 IM**	T-F	2**		
3*	13 & Over	100 Breast*	Prelims	4*		
5*	13 & Over	100 Free*	Prelims	6*		
7**	13 & Over	800 Free**	T-F	8**		

^{*}Scratch deadline: 30 mins. following the posting of the last Preliminary Events 27/28 in Session #3

** Positive check-in required 30 min. before the session starts.

SESSION #2 - FRIDAY EVENING Warm Up: 4:15 pm

Start: 5:20 pm

<u>GIRLS</u>	AGE GROUP	<u>EVENT</u>	COMPETITION	<u>BOYS</u>
9 (Mixed)**	11-12	400 IM**	T-F	9 (Mixed**
11	12 & Under	100 Breast	T-F	12
13	12 & Under	100 Fly	T-F	14
15	12 & Under	50 Back	T-F	16
17(Mixed)**	11-12	800 Free**	T-F	17(Mixed)**

^{**} Positive check-in required 30 min. before the session starts.

SESSION #3 - SATURDAY MORNING Warm Up: 7:45 am

Start: 8:50 am

GIRLS	AGE GROUP	<u>EVENT</u>	COMPETITION	<u>BOYS</u>
21*	13 & Over	200 Breast*	Prelims	22*
23*	13 & Over	100 Back*	Prelims	24*
25*	13 & Over	50 Free*	Prelims	26*
27*	13 & Over	100 Fly*	Prelims	28*
29	13 & Over	50 Breast	T-F	30
31	13 & Over	200 Free	T-F	32
33	13 & Over	200 IM	T-F	34
35	13 - 14 yrs	200 Free Relay	T-F	36
37	15 & Over	200 Free Relay	T-F	38

^{*}Scratch deadline: 30min following the posting of the last Preliminary Events 27/28

SESSION #4 - SATURDAY AFTERNOON Warm Up: 12:30 pm

Start: 1:35pm

GIRLS	AGE GROUP	<u>EVENT</u>	COMPETITION	<u>BOYS</u>
41	12 & Under	200 Fly	T-F	42
43	12 & Under	50 Breast	T-F	44
45	12 & Under	50 Free	T-F	46
47	12 & Under	100 Back	T-F	48
49	12 & Under	200 Breast	T-F	50
51	12 & Under	200 Free	T-F	52
53 (Mixed)	10 & Under	200 Free Relay	T-F	53 (Mixed)
55	11-12 yrs	200 Free Relay	T-F	56

SESSION #5 - SATURDAY FINALS

Warm Up: 5:30 PM Start: 6:35 PM

<u>GIRLS</u>	AGE GROUP	<u>EVENT</u>	COMPETITION	<u>BOYS</u>
3	13-14, 15&0	100 Breast	Final	4
5	13-14, 15&0	100 Free	Final	6
23	13-14, 15&0	100 Back	Final	24
19**(Mixed)	13 & Over	1500 Free**	Time Final	19**(Mixed)
21	13-14, 15&0	200 Breast	Final	22
27	13-14, 15&0	100 FLy	Final	28
25	13-14, 15&0	50 Free	Final	26 (Mixed)

**Positive check-in required 30 min. before session start for 1500 Free Failure to scratch before the scratch deadline or to participate in a final event will result in a \$50 fine for each offense.

SESSION # -6 SUNDAY MORNING

Warm Up: 7:45 am Start: 8:50 am

<u>GIRLS</u>	AGE GROUP	<u>EVENT</u>	COMPETITION	<u>BOYS</u>
61	12 & Under	100 Free	T-F	62
63	12 & Under	50 Fly	T-F	64
65	12 & Under	200 Back	T-F	66
67	12 & Under	100 IM	T-F	68
69	12 & Under	200 IM	T-F	70
71	12 & Under	400 Free**	T-F	72
73 (Mixed)	10 & Under	200 Med Relay	T-F	73 (Mixed)
75	11-12 yrs	200 Med Relay	T-F	76

^{**}Positive check-in required 30 min. before the session starts.

SESSION #7 - SUNDAY AFTERNOON Warm Up: 12:30 pm

Start: 1:35pm

GIRLS	AGE GROUP	<u>EVENT</u>	COMPETITION	<u>BOYS</u>
81	13 & Over	200 Fly	T-F	82
83	13 & Over	50 Back	T-F	84
85	13 & Over	50 Fly	T-F	86
87	13 & Over	200 Back	T-F	88
89	13-14 yrs	200 Medley Relay	T-F	90
91	15 & Over	200 Medley Relay	T-F	92
93**	13 & Over	400 Free**	T-F	94**

^{**}Positive check-in required 30 min. before session start







Mallards – Alex Baumann Invitational November 20-23, 2025

Contact Kristine Lagos, Sr. Group Sales Manager at 905-470-8577 or kristine.lagos@markhamsuites.com



Rate starting from \$189.00

Room based on availability

Team Benefits

- · Closest hotel in Markham Pan Am Centre
- Complimentary parking
- All suite hotel featuring spacious two room suites With separate bedroom and living room

Reservations

- · For 10 rooms or more reservations, call Kristine
- For 10 rooms or less, click <u>here</u> to book
- Discounted Hot Breakfast Buffet \$18.00 per person (Regular \$28.00 per person)
- Reservation must be booked by October 25, 2025



Standard Suite King Bedroom and Living Room



Standard Suite Double Bedroom and Living Room